

his house in
the forenoon and an
and after sun-

that in these things there
a man. then to
as he liveth

by J



2 Eing
fo
an
th

serious
Scie

passing
of my
it hath

agreement
and so to
ness or
many
judging to be

any Observations, according
have been concerning Diet
much material to publish : for
it would require a very large
more then probable, that

they rather eat
in a distrust, where
confidence. For hard-
ly would they give thing to true Nour-
ishment, which findes misgive them.
And when they see the custom of pro-
vision in the world so prevalent, that
to order it under Rules, or
to hope for any alteration therein,
were not to be imagined. The
ning of the world is such
I have to observe, that
of much Variety, and let e-
very Meal vary from the other:
To eat what is best. To
grinde flowe and
not to exceed in quantity in
Drinks: To beware of things are most
beloved, and that chief of mirth
and delight: To rest a small
time immediately before and after Eating.

As little have I to say of what my Ob-
servations have been concerning
Medicines, though therein also my
have been much exercised: Only thus
think needful: That to my apprehension
Simples, as to their vertues and effects,

very much over-ruled by a ge-
neral prejudice still prevailing among mo-
derate people in times of peace. It is
like also may with too much confidence be
ed of most of the Compounds now extant
in our casual Books: many of a hundred
of them answering what is with confidence
avouched of them; and which is no measure
to be trusted to. And as they are set forth
and sent abroad in Books, and are re-
gular, not many of them are regarded
to mans proper Temperament. And as they
of so general and familiar use, as many do
suppose them to be. Which puts the wary
and judicious Physician to continual addi-
tions and alterations of them, in all or most
of his prescriptions; and without whose
careful advice, they are but dangerously to
be medled withal; as many sad Experiences
have proved. Though in strong bodies, the
inconveniencies and prejudices are sometimes
overcome, or appear not but in after-times,
and then haply are imputed to some other
cause. And therefore when once the distem-
per goes not off with the help of moderate
preventive applications that are certainly in-
nocent and harmless, Tamper not, but in-
stantly to the conscionable and skilful Phy-

...the Case required :
...not more true in any thing. then this
of Sicknes and Distemper. That *without*
counsel, without sound and good advice,
the people per And, as you love your
selves and others, hate Ingratitude, slight
not, nor slightly toward, a Cure speedily
performed.

So, as for Diet, leaving every one to their
own experience, with that little I have ad-
vised : And for Physick, to the judicious
and conscionable Physitian, in times of Sick-
ness ; my thoughts have been employed
chiefly about such things as are conversant
upon the borders of both ; endeavouring to
produce what might be of good avail to ei-
ther, and in the frequent use whereof,
Health, Strength, Chearfulness, & Length of
days, might with God's blessing upon good
grounds be hoped for. And upon some con-
sideration, I was not long in resolving, that
the way of Chymistry and Distillation was
the most effectual of any, for my purpose
because thereby I was certain it was possible
so to unite and incorporate things of several
natures and temperatures, as to raise their
vertues to what height, and to adapt them
to what end I most desired.

Nor

Curiosity, but upon serious
That very much was wanting, which
ceived attainable, both for strengthening
Stomack, Heart, and the other Vitals,
clearing and chearing the various passages
of the body, and for clearing of Diseases,
or rendering them difficult to the
Physitian. It having fared in this Art of
Chymistry, as in some others, to have the
Mean, the *golden mean* neglected; it hath
scarce been thought on; and hath been pro-
secuted without any regard to the true hu-
mane temperature. Indeed, many high and
Physical Rarities have been produced; but
they are so far from familiar use, that onely
the learned Physicians are safe disposers of
them. And for those much-famed Spirits
and Cordial Waters, which were highest in
esteem; upon examination of their Ingre-
dients, I found, that as in other Studies, so
in this, Tradition and Received Opinions
had swayed greatly with their Authors; and
that some Considerations and some Species
were wanting in them all; which I under-
stood Sir *Walter Rawleigh* valued as his
Magnalia in all his productions, and
through which (as I have good cause to
be-

he wrought an entire
upon *Phlegm* in his sickness, which
none else did, or (as then appeared) could
do, by which *Star*, my Studies in this My-
stery have been enlightned; and for
want of which, and respect there-
unto, hardly the best productions in
this kinde of Art (though they may work
some prelent ease) go off without some pre-
judice to the body.

Those Strong-Waters which are ordina-
rily sold, I also examined, and to my grief
found, that it hath befallen to them, as to
most other things which come once to be
publikely known, and to be made the com-
mon subject of Trade, that how noble
and worthy soever they were in the first In-
venters, yet Time hath infinitely abated
their worth; little regard having long time
been had in their productions, but how to
get Sale; and that not by making so good
as they could, but so good onely as they could
at the lowe prices they are generally sold
and that truely is so lamentable, for the
part, as cannot but grieve those who are
ingenious amongst the producers: it being im-
possible they can be ignorant of the uncer-
tainty of the good it doth, and that much
better

if people respecting their own good would go to the price of it ; and which doubtless they would do, if men did not strive, by that which is imperfect , to under-sell one another.

So that upon the whole , all things duly weighed , I had this encouragement to proceed towards my productions, That I aimed at a work not of Curiosity, or of Superfluity, but such as was really wanting , and necessary to the Health and Well-being of men, women, and children With which encouragement , this Principle took impression in me : *That to make good things grateful and acceptable , and to be desired, as well for their Pleasantsness , as for their Use and Goodness , was in all to be specially aimed at ; that as they were good, so people might take them with delight.*

With my understanding thus furnished, and with a minde desirous of Divine improvement , I set my thoughts on work to the production of a Spirit of an universal vertue, and of familiar pleasant use. A task which proved of various and vast consideration, and fraught with nice difficulties , and wherein it was very long before I could give
my

in my *Radix Vita*.

But through all I aimed at, or have effected, it hath been my great happiness to have had the ready aid and judicious advice of a learned, able, and faithful friend, with whom I could communicate my thoughts upon all occasions: who, although at first he discouraged me from engaging in these Studies, as believing, the utmost had been attained long since by others; yet when I had given him my Objections and Reasons to the contrary, and the Grounds of my apprehensions, and how useful and beneficial my endeavours therein, once perfected, would be unto all sorts of people, he approved my Intentions, and strengthened me in all my Operations.

And that both he and I might rest confirmed, that we had not flattered our selves in ought, he put himself to no small charge, to purchase several sorts of Spirits, sold at very high rates; that by comparing mine therewith, the difference might clearly appear; and submitted the judgement to divers, who, as with one voice, gave sentence on my side. And since, some other Doctors in Physick, and Chirurgions, tasting of several

veral sorts of mine, they have stood in admiration at the kindliness thereof; as if not the heat of the fire, but rather that of the sun had been the raiser and uniter of so clear and natural vertues. One (and he singularly vers'd in this Art) upon the taste of a Glais or two, (as is usual, in my entertainment of friends) professing, he did perceive it to be so qualified, as that he saw not but it might of it self cure a Fever. All which being real truths, I urge as arguments, that I have not run upon these things at adventure; and that what I have herein attained and effected, are not common, but of a peculiar nature, of singular use, and highly vertuous, as, through Gods blessing, I doubt not will be found by all such as shall have occasion to make trial of any sort I draw, Truth being still my refuge.

The several sorts of Spirits moderated which I have already produced, and intend to have always in readiness, are as followeth.

I. *Radix Vitæ.*

A milde, pleasant Spirit, universally useful, being fitly qualified for familiar entertainment, and may be taken to the third glass, two or three times a day: not a wine-glass, but such as I have caused to be made for the purpose.

If by the Healthful it be taken, it heightens appetite, strength, and cheerfulness. If by the Weak, in faintings, or the like, it comforts and restores. In Colds, turning to Loosness or Vomiting, it is instantly to be taken, in large quantity, as six of those glasses in two hours time: for so it hath not only abated, but discharged the Distemper. If heat and burning in stomach, heart, or liver, offend, two or three glasses cool and quench.

(11)
quench thirst. A little taken as
you enter into cold, raw, moist, of-
fensive, or infectious Airs, prevents
dangerous distempers and diseases
usually following : and a little sip
as you pass out of such unwholsom
airs, or out of sultry sweating
places ; or immediately after any
violent stress of the body, infinite-
ly refreshes, and prevents great in-
conveniences. If there be inclina-
tion to a Cough, taken freely, it ge-
nerally fails not. If Tooth-ake be
feard or felt, (before extremity, as
is in all intended) hold a glass full
about the gums, and keep your
breath the while, as long as you
can : for so it hath often cured, or
given ease. If the head be out of
order, or be much opened by snee-
zing, hicker, or gaping, through
winde and emptiness ; a glass or
two then taken, fills the open passa-
ges with a most acceptable flavor ;
and

and so keeps Rheums from teeth and eyes. It is an excellent companion at beds head, being of a very digestive faculty, (yea, though of wine and fulness) and inclines to rest. Against Winde, and fits of the Mother, it is of special use, taken to three or four glasses in a short distance of time. Children, to half a glass at a time, take it with certain advantage, upon any distemper, or when Small-pox, Measles, Surfet, Fever, or other infections, are feared; and is also beneficial for clearing and healing those passages of the body usually troubled with gravel. Nor, indeed, can I think of any distemper, wherein, upon serious consideration of the properties of this Spirit, good may not be hoped for, so it be taken in time, and that reasonable distance of time are observed, and not let off too soon. For as where there

was cause, it hath stayed Vomiting
so, where cause hath been, it hath
occasioned Vomiting: And as it
hath stayed Loosness, so it hath o-
pened the body, where frequent ob-
structions have been burthensome:
And both warms and cools as there
is occasion, as with all sincerity I
profess I have frequently and gene-
rally found. So that I conceive
its Title to be as proper as can be
given; being as true a friend to the
Life of man, or to that which is the
Life of life, his Health and Cheer-
fulness, as the Root is to the Stock
and Branches: in all cases, *Amicus*
certus, doing all offices of love mild-
ly, pleasantly, and without upbrai-
ding; and in the most doubtful or
dangerous, a good support, until the
Physician can be obtained.

2. *Nutrix Vita.*

Milde and pleasant, and referring principally to such as are troubled with, or fear Consumptions ; to help decaying Nature, whether occasioned by age, or other infirmities ; its influence chiefly regarding the breast, lungs, defluxions, and to strengthen the parts most liable to wastings. It may be taken in the same quantity, and as familiarly, night and day, by persons of any age, and of either sex, as the *Radix* ; and is a sure Cordial at all times, as carefully respecting true humane temperature, as the *Radix* ; and as deservedly holds its Title of *Nutrix vita*, the nurse or nourisher of Life.

3. *Salus*

3. *Salus vitæ.*

A milde, well-tasted Spirit, but, withal, a most high and effectual Antidote; and so more peculiarly then the *Radix*, attending cases threatening more danger: and therefore if a Surfet, Ague, Small-Pox, Measles, Yellow Jaundies, be suspected, a spoonful to a childe, and two to one of yeers, keeps off either the disease or the danger. But if Pleurifies, Fevers, Frenzies, Pestilence, be doubted; or that there be any wracking tormenting pains, by Gout or Collick, then double the quantity is requisite; and, if cause continue, may be repeated the third time, twelve hours time being allowed between every time of taking it: and in all such uses of it, the parties are to be in bed, and not

drink for six hours after the
 taking; & when they do, it ought to
 be White-wine-Poffet-drink, warm
 at first, but after as they like, and
 the more the better. It will pro-
 cure a moderate Sweat, and dispose
 to Rest, and to Chearfulness, ex-
 peling those earthy damps which
 are apt to seize the heart at such
 times, and occasion Sighing. It
 obstructs not, as most, if not all
 powerful Cordials use, but leaves
 the body rather soluble. This
 was deemed necessary, because
 some persons may be far from Phy-
 sicians, and for that I knew not any
 thing so effectual, so easie to be ta-
 ken, even by children, and such as
 the least nauseousness distastes, and
 hinders from taking any Medicines
 though there be never so great ex-
 tremity.

4. *Vis Vita,* .?

Or, *The strength of Life* , being a great and peculiar Comforter of the Stomack , digesting crudities, and discharging all offensive vapors and windy humors ; and so aiding the natural faculty, that the food is turned into sound and good nourishment, which is the original and continuation of health & strength. It hath also an appropriate vertue against the Dropsie, Scurvie, and Strangury ; and may in quantity as the *Radix* be taken familiarly night and day ; there being in this, as in any of the others, a most careful regard had to the true temperature of the body ; and stands a real and good Cordial also.

5. *Medulla Vitæ,*

Or, *The Marrow of Life*, intended as a second to the *Nutrix Vitæ*; purposely differed in taste, that where the one pleaseth not, or not always, the other may. Those who are much weakned by Consumptions, or otherwise, being for the most part nice of palate, and soon cloyed, and therefore are to be allowed some variety. It is a Cordial very precious and pleasant, and may be taken freely by all persons, at all times, being of a fix'd and clear nature, very much conducing to solid strength, and substantial firmness.

6. De-

6. *Delicia Vitæ.*

Highly disposing to a lively Chearfulness, and an utter enemy to all sadness and melancholy; being of a quick and sprightly operation upon the Fancie, yet without any the least violence or disturbance to the Understanding. It also is both milde and graceful, and may be taken as plentifully as any other.

These of my own study, working, and composing, I judged absolutely necessary, for compleating my aims for Health; and in the advised use whereof, I am very confident very much and certain Good may be obtained.

And because divers may be addicted to, and finde comfort by such Spirits as are of ordinary denomination, whose uses are generally known; I have therefore thought good

to be furnished, after my own maner of qualification (ever respecting the right temperature) first, with a moderate Spirit of *Angelica*, so ordered, as to be free from its known quality of being somewhat offensive to the head. Secondly, with a moderate Spirit of *Cynamon*, freed also from an offensive dulness in the head and stomach, following the use of this Spice in all Compositions and preparations of it. Thirdly, Spirit of *Mint* moderated, and heightned to a most excellent vertue, being also corrected, as to its known quality of remaining with some harshness over-long upon the stomach. Fourthly, Spirit of *Rosemary*, so rectified, as to be a powerful opposer of all distempers of the head; singularly Preventive against Pal-sies, Apoplexies, Vertigo's, and the like: being also corrected, as to that long bitterness usually resting in the stomach upon its use almost in every thing. These are strong onely in their Ingredients, but very moderate in Spirit; and so may be taken in much larger quantity then such as are high and strong: the heat proceeding from them to stomach and vitals, being rather a nourishing acceptable warmth, then heat; no ways oppressing, as all violent heats do, first or last;
but

but altogether cherishing and refreshing. It is better to be enlarged in quantity, when necessity requires (as in swoonings &c.) then to be higher or stronger in spirit: and it will be very happie for those that can, to be satisfied with the use of the most moderate.

Yet because there may be some who through great Infirmities and long Custom have been so inured to stronger Spirits, that they cannot without prejudice suddenly leave them, I shal therefore have also in readines much stronger then my moderate, of every sort that so every one may be supplied as necessity shal require; the strong, as well as moderate, order'd with the same care of the true human temperature.

These, for the present, and always, are to be had. And if there be any other of the ordinary denominations, of which any person shall be desirous, upon reasonable time given, they may be furnished, with the like cautions and rectitude. So also, if any person be at any time troubled with any infirmity, and be necessitated to reside where he cannot have such accommodation of Physick or other help as is satisfactory; or for any other cause, would be furnished with a moderate, milde, or other safe Spirit, fitly qualified to his disease, they may be readily supplied, upon mature consideration, and skilful advice in any particular case: the accommodation by way of Spirits, being, both for their efficacious vertue, and duration, as commodious, if not more (especially to Travellers) then any other way whatsoever; and carries more life with it.

The

The place where these are now to be had, is at Doctor *Brooks* his house, within Aldgate, in a Court over against the *George-Tavern*.

The time when, is, All the forenoons, and until two in the afternoons, and after sun-set till bed-time.

The Prices for which they are to be sold, are as followeth.

| | <i>l.</i> | <i>s.</i> | <i>d.</i> |
|---------------------------|-----------|-----------|-----------|
| <i>Delicia Vita</i> | 01 | 00 | 00 |
| <i>Medulla Vita</i> | 00 | 32 | 00 |
| <i>Nutrix Vita</i> | 00 | 08 | 00 |
| <i>Salus Vita</i> | 00 | 08 | 00 |
| <i>Radix Vita</i> | 00 | 06 | 00 |
| <i>Vita Vita</i> | 00 | 03 | 00 |
| Spirit of Cy- } the Pinte | | | |
| <i>namon</i> | 00 | 04 | 00 |
| Spirit of <i>An-</i> | | | |
| <i>gelica</i> | 00 | 03 | 00 |
| Spirit of | | | |
| <i>Mint</i> | 00 | 03 | 00 |
| Spirit of <i>Rose-</i> | | | |
| <i>mary</i> | 00 | 03 | 00 |

Glasses also I have invented, and have in readiness, of the fashion of a round pillar with a globe near the top, purposely strong. A servant may safely carry, with little care, two half Pintes, or two Pintes, if need be, and not be perceived to have any about him. One of four or six ounces is necessary for every one (mindful of health) to carry with them in any journey by Water or Land; especially women and children being in company.

Also, I have some small ones with scrud tops; which one may drink out of in the streets as they go, or in any company, or throng of people, and not be noted, (if that were to be regarded.) And very compleat Drinking-glasses, that are very gracefully fill'd with little more then a spoonful: which are those I intend in my direction of the *Radix*, &c.

And whatever may be thought of these my Advices, by men of strong Constitutions, who are apt to despise all Counsel of this nature; yet since Experience proveth, that a small neglected occasion sends the strongest suddenly into dangerous Sicknesses,

as a small spark neglected fires the strongest house. It may not be amiss, nor burthen some, even for the strongest, betimes, to bethink themselves, and to be provided against what daily befalls. But certainly those of weak Constitutions shall be much indebted to themselves, if in some measure they provide not against undiscernable decays, and frequent inconveniences, ever attending frail Nature ; wherein the charge is small, the benefit considered : for less then half a pint of the *Radix Vita* , served a Friend a journey of an hundred and fifty miles , and back again, refreshing him at all times ; and saved him, as he professed, four times the value he should necessarily have spent otherwise, if he had not had it. Those who have much Writing, and are forced to sit long in colds or heats, dull'd and tyred with over much work, little imagine the benefit from a small quantity now and then taken, and how much it would enliven them in their business and prevent Rheums and worse inconveniences : the like also for such as study much or sit long in Council, tyring their hearts and brains , and subject to heats and colds ; a small quantity of it at such times , takes away all tediousness and danger oft-times

(25)
fuing. And so also, before, in, and after
speaking and straining of the voice; in
places heated by the breath of people; and
where one is much engaged and concerned;
it hath been approved for chearing the vi-
tals, quickning the Understanding and Me-
mory, fortifying the Imagination and Reso-
lution, without the least fuming trouble to
the head, or burden to the stomach incident
(at such times) to any other sustenance. In-
deed, it may be truly affirmed of any of
these Spirits, but especially of the *Radix*,
that in watchings, or any stress of the body,
or sadness of the heart, discreetly used, it
restores and restores, and re-settles all the
discomposed faculties both of body and
mind; and gently prepareth and makes
ready for solid food and stronger nourish-
ment. Nor is any danger to be doubted in
the use of them; whenas, women with child
in labour, young children, and people in
the weakest condition, take of them, to their
great advantage.

As for which is, I have seen, and known, and
experienced so much good by them, in my fami-
ly, and among my friends, that it is of great
importance to me, that ever I set my self to
the study. Nor did I ever take so much sa-
tisfaction

in any thing wherein I
sacrificed my self, (next the things of
lasting concernment) as I have done in
this employment: nothing of this world be-
ing more acceptable, then to be laborious in
what is just, and may be profitable to pre-
sent and future times: being very much blam-
ed, that I had not made them and their
uses publike before this time; which
now, through vain modesty, I was
perswaded to.

*Almighty God, who is the sole au-
thor of every vertue in
creature; of the Understanding
of his ability with judgement and
reason to adde vertue to vertue, in-
creasing, uniting, and qualifying them
as to make them profitable and bene-
ficial to the health and comfort of the
world: Bless these thy faithful
servants to the good of all people
thereof in his fear, and with
his holy will. To whom be
thanksgiving, for ever.*

FINIS.

Deschampsia

1944-1945

...and Pulling ...
...are only ...
...which holds good ...
...work ...

6

1992

if any of those Diseases
 are feel'd, two of those glasses
 being us'd, & sitting an hour after, stand
 up, & walk some hours after dinner,
 & at night, will be necessary;
 & all hand-glass of
 always show that upon
 zing, or faint Yaws, or Man-
 rising, any Shivering, &c.
 it may instantly be sup'd.
 propriety of it to these Diseases
 Strengthening Restorative and
 The price of it is 5 s. 4 d. per

8. *Lac Vita*

Prepared purposely against the
 and Worms in children; and is
 use, against the Green-sickness, the
 the Spiten, and diseases of the
 fastener of all languishing parts,
 rifier of Humours. To the young
 dren, half a spoonful in the morning
 and last at night, may be very good
 whether in cases of Rickets, or Worms
 both: To those of two or three years
 a good spoonful in like cases. When

Green-sickness is only
spoonfuls in the morning
upon it; and the like is
very proper: But
heareth, then not
also three fi
diseased can
about
calls and
Clay, Chalk, and
things, that feed and
Disease, if then they would
and, to divert and satisfie their
a small quantity of the Spirit,
very profitable: and to con-
for a good season; the
like stoppages being not sudden
or removed. The like quantity
is to be used
the
bring no danger or
of it; it being good for
the Stomack, and confirming
The price is 5 s. 4 d.

Sanguis Vitæ :

Persons who are weak will not have of
this Sanguis Vitæ a sound and whole
some, but it is very pleasant : an
excellent Secret to cure the Stomach
Heart, and Vitals : and to make the
clearer of the Blood.

It is also good for
unnatural Vapours ; and is
in all Feversish and Pestilential
a Spoonful to a young childe ;
ful to one of three or four years ;
Spoonfuls to one of riper age ;
inary ; and double the quantity
dangerous , may be taken (after
great advantage ; and so continue
two or three hours of distance ;)

It is also good for the price , and
the Vitæ .

not too
quintal .

Note farther, that
what is
vertues and
derate. Spirit
well rubbed
the face
the pain in the
the party judging by
and taste, that it was
on such occasions.
that one who received in
his face by the fall of his
that inbled very much; he
a Glass of the Red
washing and bathing
thereof
from
as the manner
without any other means,
perfectly cured.

Also, that a spoonful or two of
the *castilla Tea*, taken in Red
here
Cpw

for Goats or Affes
whom far more nou-
to those that

quantity of
makes
wholesome to
with the Drope
like brackish and wat

And, that the *Radix* are very proper
in good quantity, as two
twelve hours time, for
burthened with *Radix*
and reduce them to
and for such as are

are apt to be
ments, and thereby
coveries of the uses of
milde and safe Spirits,
which respect they may
do it) thus much shall
present.

There is also
ed an
fort of
of *Minerva*, *Pante*,
and *Angelica*,
Pante: which are
d, found, and whole-
So as persons of all
ies may now be fur-
ed, as they have occa-
.

FINIS.